

Dolphins Swim Team

2014-2015



Contact us at 617-713-5435
brooklinedolphins@brooklinema.gov
[facebook.com/BrooklineDolphinsSwimTeam](https://www.facebook.com/BrooklineDolphinsSwimTeam)

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BROOKLINE DOLPHINS SWIM TEAM

Head Coach	Amanda Pierce	brooklinedolphins@brooklinema.gov Emergencies only: 617-733-9137
Assistant Coaches	Alex Villafrana Denean Johnson Laura Fusco Mariana McCarthy Michiko Hattori	
BHS Student/Junior Coaches	Franklin Yeo Josh Shuman Kenny Szeto Ryan Kilday Courtney Carroll Kia Shahbazi	
Volunteer Coaches	Alison Keenean	
Evelyn Kirrane Aquatic Center		617-713-5435 / aquatics@brooklinema.gov
Aquatic Director	Deb Cohen	617-713-5434 / dcohen@brooklinema.gov
Asst. Aquatic Director	Mariana McCarthy	617-713-5199 / mlmccarthy@brooklinema.gov
24-Hour Information	Program & Weather Updates	www.brooklinerec.com

Parent Advisory Committee (PAC) Board of Directors

President	Kim Kushner	kushnerk@gmail.com
Vice President	Kathy Henry	khenry@plymouthrock.com
Secretary	Jane Piercy	jpiercy@mac.com
Treasurer	Mark Chadbourne	markchadbourne@comcast.net
Parent Coordinator	Charla Whitley	charla.whitley@gmail.com
Bake Sale Coordinator(s)	OPEN	
Picnic Coordinator(s)	OPEN	
Community Event Planner(s)	OPEN	
General PAC Inquiries	OPEN	DolphinsPAC@gmail.com

Important Dates

Practice Begins	Monday, October 20, 2014
Suit Sale	Wednesday, October 29, 2014, 5-8pm. See Team Suits & Apparel for details
1st PAC Meeting	Wednesday, November 5, 2014

Parent Orientation

Saturday, November 15, 2014

Mock Meet

Saturday, November 15, 2014

GENERAL INFORMATION

The mission of our team is to improve swim skills, challenge oneself, make new friends and have fun!

Welcome to the Brookline Dolphins Swim Team! This handbook is designed to provide information about the team, what your swimmer can expect throughout the season, and how parents can be involved.

The Dolphins Swim Team is a Brookline Recreation Department program. The swim season runs mid-October through mid-March. The team is led by our Head Coach, with the support of part-time assistant coaches, volunteer student coaches, and many parent volunteers.

The success of the Dolphins Swim Team is heavily dependent upon parent volunteers. Each family is required to volunteer at a minimum two (2) swim meets per season for each of the family's swimmer. The Parent Advisory Committee (PAC) was formed to help coaches by coordinating and training parent volunteers, and fundraising to support the team's needs for a successful season. More information about the PAC and volunteering can be found later in this handbook.

TEAM GOALS

- Develop swimmers' abilities and social skills within the context of a supportive and nurturing environment.
- Develop and improve the four competitive strokes to the best of each swimmer's ability.
- Encourage good sportsmanship and teamwork.
- Encourage all swimmers to participate fully in practices and in meets.
- Create a team based on "community".
- Instill a positive attitude and strong self-esteem within a team framework.
- Have fun!

OUR LEAGUE

The Dolphins Swim Team is a member of the Winter Suburban Swim League (WSSL). The WSSL meets are held in the greater Boston area at both private and public Aquatic centers. We must abide by rules and codes of conduct of both the WSSL and the Brookline Recreation Department. Codes of Conduct can be found at the end of this handbook and on the Brookline Recreation website (www.brooklinema.gov, follow links to Recreation, then Kिरrane Aquatic).

QUALIFYING FOR THE TEAM

The Dolphins Swim Team is designed for swimmers who have completed the American Red Cross Level 4, YMCA Fish course, or who possess commensurate skills. The team is comprised of about 200 boys and girls ages 6 -18 who compete within their given age division.

Neither this team nor others in the league provide basic swim instruction. All new team members are required to try out during preseason to determine eligibility. Athletes who swim for BHS and would like to also participate on the Dolphins should contact the Recreation Department's Aquatic Center to discuss scheduling and attendance.

ABOUT THE PARENT ADVISORY COMMITTEE (PAC)

The Parent Advisory Committee (PAC) is a non-profit* parent volunteer organization which supports the Dolphins Swim Team and coaches. The PAC coordinates all parent volunteers to run swim meets, raises money through bake sales and apparel sales, distributes swimmer ribbons and awards, and organizes community events throughout the season. The PAC meets on the first Wednesday of every month during the swim season (November through March). All parents are automatic members of the PAC. There are no dues associated with PAC participation. (* The PAC is in the process of filing for 501c3 non-profit status.)

The most important responsibility of the PAC is to organize and manage the parent volunteers at each swim meet. All parents are required to volunteer at a minimum of two (2) swim meets per swimmer during the regular season. (*) This does not include the Mock Meet or Championships, although volunteers are needed for these events. Parent involvement is also sought in the form of PAC Board participation and fundraising.

* Parents who cannot fulfill the volunteer requirements may pay an \$80 fee to the Brookline Recreation Department. This fee is used to help pay for additional staffing needed at swim meets if there are not enough parent volunteers.

PAC BOARD OF DIRECTORS

All Dolphins PAC Board positions are intended to be one-year terms (September through August). Board members seeking to remain in a position must put their name forth at the appropriate time for voting in Board members. A person seeking a Board position must be voted in with a majority approval by the current Board, Head Coach, and any parents present at that PAC meeting.

President

The President of the Dolphins PAC is the main parent representative for the Dolphins Swim Team. The President is the primary contact person for communications with the Coaching Staff and the Brookline Recreation Department ("Rec Dept"). Main responsibilities include, but are not limited to:

- Working closely with Coaching Staff and PAC board to communicate information with parents, establish community-building events (e.g., swim-a-thon, end-of-season picnic) and fundraising.
- Fostering an open and supportive relationship with the Rec Dept. regarding the team's needs, financial or otherwise.
- Finalizing agendas for monthly PAC meetings.
- Reviewing and finalizing PAC meeting minutes, submitted by the Secretary, prior to distribution and vote of approval by the remaining Board and any additional parents present.
- Coordinating team apparel sizing and sales with vendor (currently K&B Sportswear).

Vice President

The Vice President of the Dolphins PAC works closely with the President, remaining informed of events and decisions. It is intended that the Vice President succeeds the President the following swim season.

Treasurer

The Treasurer of the Dolphins PAC is responsible for maintaining and balancing the team's bank account, ensuring that necessary funds are raised and are in reserve for the current and next season's expenditures. The Treasurer assists the Bake Sale Coordinator with financial aspects of this fundraiser.

Secretary

The Secretary of the Dolphins PAC Board is responsible for taking minutes (notes) at all PAC meetings, and distributing minutes to the Board for review and approval.

Parent Coordinator

The Parent Coordinator of the Dolphins PAC Board has three main roles.

- Maintaining the team roster, including all swimmer and family contact information.
- Distributing any and all emails on behalf of the PAC Board and Coaching Staff to the general parent community.
- Soliciting the necessary parent volunteers for each swim meet throughout the season, including Championships, and any other Dolphin-related event needing volunteers. This does not include bake sale volunteers.

Bake Sale Coordinator(s)

The Bake Sale Coordinator of the Dolphins PAC Board organizes bake sales for all Home swim meets, and any other Dolphin-related event needing a bake sale. The Bake Sale Coordinator determines items and quantities needed for each bake sale, and secures these donations from swim team families, typically via a sign-up sheet. The Bake Sale Coordinator is responsible for staffing each bake sale, either by personally tending the bake sale or by soliciting parent volunteers, and works closely with the Treasurer regarding finances.

Banquet Coordinator(s)

The Banquet Coordinator of the Dolphins PAC organizes all aspects of the end-of-season banquet, including the timely reservation of the venue, food and drink purchases, and swimmer and coach gifts. The Banquet Coordinator works closely with the Rec Dept., the Parent Coordinator to solicit parent volunteers, if needed, and with the Treasurer for funds needed to support the picnic.

Community Event Planner(s)

The Community Event Planner(s) of the Dolphins PAC organizes fun activities throughout the season to help fundraise for the team and/or build a sense of community and cooperation within the team. Events include the bi-annual swim-a-thon, a family fun night, or anything else that comes to mind!

PAC MEETING DATES

All meetings are held from 6:00 - 7:00 pm in the Squad Room in the Evelyn Kirrane Aquatic Center.

Wednesday, November 5, 2014

Saturday, November 15, 2014 - Mock Meet/Parents Orientation

Wednesday, December 3, 2014

Wednesday, January 7, 2015

Wednesday, February 4, 2015

Wednesday, March 4, 2015

PRACTICE SCHEDULE AND EXPECTATIONS

Practice days and times have changed for the 2014-2015 season.

MONDAY	5:00 - 5:45 pm	8 & Under
	5:45 - 6:45 pm	9 & 10
	6:45 - 8:00 pm	11 & Over
TUESDAY through THURSDAY	5:30 - 6:30pm	10 & Under
	6:30 - 7:30 pm	11 & Over
FRIDAY	No Practice	

Check the monthly pool facility calendar for holiday closures and updates. (www.brooklinema.gov/474/Kirrane-Aquatics-Center)

REQUIREMENTS and EXPECTATIONS

Weekly practices are designed and created with a specific curriculum. Monday practices set the focus for the week, building upon a particular stroke or technique as the week progresses. Throughout the season, swimmers will learn drills improve strokes and technique, start and turn skills, and overall sportsmanship. Swimmers should to come to practice to work hard and try their best.

Swimmers must attend practice at least twice per week (of the four practices offered) to remain an active participant on the team and to be eligible for that week's swim meet. Attendance and participation are vital to the success of the team and each swimmer's personal goals. Swimmers should arrive ON TIME and be on the pool deck ready to swim by the start of their practice time.

Swimmers are encouraged to attend as many practices each week as their schedules allow, as this will ensure that each child reaches their maximum potential both as a team member and as a swimmer. When a practice is cancelled due to BHS Swim Meets or inclement weather, the "twice a week" rule is nullified. However, we encourage you to try to adjust your schedule accordingly to make up for the missed practice. The more a swimmer puts into practice, the more that swimmer improves at each swim meet.

For their own benefit, swimmers must practice with their own age group. There are no exceptions to this policy. Additionally, all swimmers MUST abide by all our pool rules.

Any swimmer who is more than 10 minutes late (without prior notice to the Head Coach) will not be allowed to swim, as this disrupts the practice and the swimmers already in the pool. Late swimmers may stay to observe the practice.

Lane assignments for practices are taken into careful consideration. Swimmers are placed according to their age, skill, speed and swimming experience. The coaches create a daily team workout, and may modify it as needed for any particular lane(s). It may take the coaches a few weeks to learn all of the swimmers, and there may be lane changes for swimmers throughout the season.

WHAT TO BRING TO PRACTICE

Swimmers should bring the following items to practice.

- Practice suit (not the team suit) - Girls should wear a 1 piece suit. Boys should wear jammers or swim briefs, no board shorts
- Swim cap, preferably latex or silicone
- Goggles
- Water bottle
- Towel
- Healthy snack for after practice
- EXTRAS! - practice suit, bathing cap, goggles

Swimmers without a swim cap will receive a warning the first time. After the first warning, the child will not be able to participate in practice that day.

LOCKER ROOM ETIQUETTE

Swimmers should enter the locker room no more than 10 minutes prior to their practice time. Parents should escort their child(ren) into the facility to ensure that they arrive safely. The locker rooms at the Evelyn Korrane Aquatic Center are available for public use. Dolphins' swimmers must be respectful of the area. All belongings should be placed in lockers and not left in the changing stalls. Dolphins' swimmers should refrain from using the handicap stalls or lockers. Swimmers should also leave all valuables at home. The Brookline Recreation Department and the Dolphins Swim Team are not responsible for items lost or stolen.

After each practice, parents **MUST** be present to help monitor the locker rooms. Be on time to pick-up your child(ren). Swimmers should limit their post-practice locker room time to 15 minutes.

EXPECTED BEHAVIOR

All Dolphins swimmers and family members are expected to be on their best behavior while in the Evelyn Korrane Aquatic Center and at all other pool facilities, especially in the locker rooms. We are guests at the host team sites, and we must act responsibly and respectfully at all times. If any swimmer encounters a problem in the locker room, the swimmer should contact one of the coaches immediately.

When at opposing team facilities, we ask that parents assist to watch over the Dolphins swimmers. Swimmers should keep their items with them on the pool deck and avoid spending lengthy time in the locker rooms.

Any inappropriate behavior at our facility or an away team facility will not be tolerated. Repeated actions may lead to suspension or dismissal from the team.

SWIM MEET SCHEDULE

Swim meets begin in December and run through February. League Championships are held in March. All HOME meets are on Saturday afternoons. AWAY swim meets are scheduled by the host team, and may occur on either Saturday or Sunday. All swimmers will swim a minimum of two events, and some will be assigned a relay as their third event. Swimmer events will be posted on the day of the meet.

The 2014/2015 swim meet schedule is as follows. For all meets, HOME and AWAY, swimmers must be present and checked in on the pool deck at least 15 minutes before Warm-Up time. HOME meets are at the Evelyn Kirrane Aquatic Center (EKAC). Please refer to the section **Away Meet Locations** for full addresses.

Swimmers must swim in a minimum of SIX (6) dual meets to qualify for Championships. In the event of a tri-meet, in which the Brookline Dolphins compete against two teams in a single meet, the tri-meet counts as two (2) dual meets.

Date	Opponent	Location	Warm-Up Time	Meet Start Time
Saturday, Nov. 15, 2014	Mock Meet	EKAC	12:00 pm	1:00 pm
Sunday, Dec. 7, 2014	Sudbury	AWAY	2:30 pm	3:00 pm
Saturday, Dec. 13, 2014	Milford	EKAC	1:00 pm	2:00pm
Saturday, Dec. 20, 2014	Dedham	EKAC	1:00 pm	2:00 pm
Saturday, Jan. 3, 2015	Westboro & Weston	EKAC	1:00 pm	2:00 pm
Saturday, Jan. 10, 2015	Wellesley	EKAC	1:00 pm	2:00 pm
Saturday, Jan. 17, 2015	Acton-Boxboro	AWAY	9:30 am	10:00 am
<i>Sunday, Jan. 25, 2015</i>	<i>Natick & Framingham</i>	<i>AWAY</i>	<i>TBD</i>	<i>TBD</i>
Saturday, Feb. 21, 2015	Westwood	AWAY	2:30 pm	3:00 pm
Saturday, Mar. 7, 2015	B Championships	Milford High School		
Sunday, Mar. 8, 2015	A Championships	Milford High School		

SWIM MEET PROCEDURES

MEET ATTENDANCE / ABSENCE NOTIFICATION

Swimmers are encouraged to participate in all HOME and AWAY swim meets, which are a great way for swimmers to track their individual progress and experience the benefits of competition. Swimmers' individual times are tracked by the coaches throughout the season and are used to determine each swimmer's eligibility to participate in either the A or B Championships held in March. To compete in Championships, a swimmer must participate in at least six (6) meets during the regular season, as well as make the cutoff event times. In the event of a Tri-Meet, when the Dolphins compete against two (2) teams in a single meet, the Tri-Meet counts as two (2) meets. (See the Championships section of this handbook for more information.)

If a swimmer cannot attend a swim meet, you must notify the Head Coach via email (brooklinedolphins@brooklinema.gov) by the Wednesday prior to the meet. If a swimmer fails to show up at a meet without advance notice, that swimmer is scratched from that meet and receives a formal warning from the Head Coach. If a second "no show" occurs, that swimmer is scratched from BOTH that meet and the next. If a third "no show" occurs, the swimmer may be suspended from the team. Unknown absences cause much confusion and difficult last minute changes to event and relay assignments, often resulting in delays and lost points to the team.

WHAT TO BRING TO A MEET

Swimmers should bring the following items to meets:

- team suit
- team bathing cap
- goggles
- 2 towels (1 for on-deck use during the meet, 1 for changing after the meet)
- warm clothing to wear between events (pool decks can be chilly when sitting for long periods in a wet bathing suit)
- water bottle
- healthy snacks to eat between events and at the end of the meet
- books, playing cards, other non-electronic/non-valuable entertainment
- blanket, sleeping bag, or mat to sit upon while waiting for events (for Away meets only)
- EXTRAS! - bathing caps, goggles

AWAY MEETS

For Away meets, one (1) bus will be available for swimmers only and is intended for use by those swimmers needing transportation assistance. Notification and sign-up will occur the week prior to an Away meet. Space is limited. Carpooling is strongly suggested. Directions to Away meets can be found in this handbook and at the Evelyn Kirrane Aquatic Center.

DURATION OF A MEET

All swimmers should arrive in their team suit for both Home and Away meets, reducing the time and space used in locker rooms.

Swimmers are expected to check in on the pool deck 15 minutes before the start of warm-up. Failing to check in on time may result in a swimmer being scratched from the meet. Swimmers will be assigned check-in/sitting areas based on their age groups.

Warm-up generally begins one (1) hour before the meet starts. Warm-ups are crucial for swimmers to prepare for their events, get acquainted with the pool and starting blocks, and to avoid injuries.

During a meet, swimmers should stay in their assigned areas so they can be located quickly for events. Parent chaperones are required to help manage age group of swimmers. Swimmers should not hang out in locker rooms, wander the pool facilities or sit in the bleachers with their families. If a swimmer is not in their designated area and cannot be quickly located for an event, that swimmer will be scratched from the event and will receive a formal warning from the Head Coach. Missing an event causes confusion on the pool deck and a loss of points for the team.

Swimmers are expected to stay for the entirety of a meet, even if they have finished their events. We encourage every swimmer to show their team spirit and support their teammates. Each meet will end with a Dolphins team cheer!

MEET CANCELLATIONS

If a meet needs to be canceled due to inclement weather, notice will be sent out via email. You may also check the Brookline Recreation website (<http://www.brooklinema.gov/805/Closures-Cancellations>)

PLACEMENT RIBBONS and PERSONAL BEST TIMES

We strongly encourage swimmers to focus on their personal times and try their best. Each time a swimmer beats his/her personal best time in an event, the swimmer will receive a white "Personal Best" ribbon. Placement ribbons are also awarded for the top five (5) finishes in each event. Ribbons can be found in the swimmer folders located in the lobby of the Evelyn Kirrane Aquatic Center. Please allow at least five (5) days after a meet to receive ribbons, as swimmer times are finalized and officially recorded.

ORDER OF EVENTS

1. Graduated Medley Relay 100yd Girls	31. 8 & under 25yd Breast Girls
2. Graduated Medley Relay 100yd Boys	32. 8 & under 25yd Breast Boys
3. 8 & under 25yd Fly Girls	33. 9 & 10 25yd Breast Girls
4. 8 & under 25yd Fly Boys	34. 9 & 10 25yd Breast Boys
5. 9 & 10 25yd Fly Girls	35. 11 & 12 50yd Breast Girls
6. 9 & 10 25yd Fly Boys	36. 11 & 12 50yd Breast Boys
7. 11 & 12 50yd Fly Girls	37. 13 & 14 50yd Breast Girls
8. 11 & 12 50yd Fly Boys	38. 13 & 14 50yd Breast Boys
9. 13 & 14 50yd Fly Girls	39. 15-18 50yd Breast Girls
10. 13 & 14 50yd Fly Boys	40. 15-18 50yd Breast Boys
11. 15-18 50yd Fly Girls	41. 8 & under 25yd Backstroke Girls
12. 15-18 50yd Fly Boys	42. 8 & under 25yd Backstroke Boys
13. 8 & under 25yd Free Girls	43. 9 & 10 25yd Backstroke Girls
14. 8 & under 25yd Free Boys	44. 9 & 10 25yd Backstroke Boys
15. 9 & 10 25yd Free Girls	45. 11 & 12 50yd Backstroke Girls
16. 9 & 10 25yd Free Boys	46. 11 & 12 50yd Backstroke Boys
17. 11 & 12 50yd Free Girls	47. 13 & 14 50yd Backstroke Girls
18. 11 & 12 50yd Free Boys	48. 13 & 14 50yd Backstroke Boys
19. 13 & 14 50yd Free Girls	49. 15-18 50yd Backstroke Girls
20. 13 & 14 50yd Free Boys	50. 15-18 50yd Backstroke Boys
21. 15-18 100yd Free Girls	51. 8 & under 100yd Free Relay Girls
22. 15-18 100yd Free Boys	52. 8 & under 100yd Free Relay Boys
23. 9 & 10 100yd IM Girls	53. 9 & 10 100yd Free Relay Girls
24. 9 & 10 100yd IM Boys	54. 9 & 10 100yd Free Relay Boys
25. 11 & 12 100yd IM Girls	55. 11 & 12 200yd Free Relay Girls
26. 11 & 12 100yd IM Boys	56. 11 & 12 200yd Free Relay Boys
27. 13 & 14 100yd IM Girls	57. 13 & 14 200yd Free Relay Girls
28. 13 & 14 100yd IM Boys	58. 13 & 14 200yd Free Relay Boys
29. 15-18 100yd IM Girls	59. 15-18 200yd Free Relay Girls
30. 15-18 100yd IM Boys	60. 15-18 200yd Free Relay Boys

PARENT VOLUNTEER REQUIREMENTS

The success of the Dolphins Swim Team is heavily dependent upon parent volunteers and participation. All parents are required to volunteer at a minimum of two (2) swim meets per swimmer during the regular season. This does not include the Mock Meet or Championships, although volunteers are needed and coordinated for these events. There is an \$80 fee per swimmer for not fulfilling the parent volunteer requirement. Parent involvement is also sought in the form of PAC Board participation and fundraising. Please see the Parent Advisory Committee section of this handbook for more information.

All Parent Volunteers MUST fill out and return the volunteer paperwork to the Brookline Recreation Department, which includes:

- Volunteer Application (printed single sided; double sided will not be accepted)
- CORI form (must include a photocopy of a government issued photo ID)
- Acknowledgement form of Summary of the Conflict of Interest Law for Municipal Employees
- Proof of completion of Concussion Training online course (print and submit certificate)

CORI forms are good for one (1) year and are valid across all Recreation Department activities. If you have completed a CORI form for another Recreation Department activity by April of the current calendar year, that CORI is valid throughout the swim season. CORI forms filed for school purposes are not valid for the swim team.

Paperwork is available at the Evelyn Korrane Aquatic Center and on the Recreation website

(<http://www.brooklinema.gov/442/Employment-Volunteers>). Parents may not volunteer at a meet until their paperwork has been cleared through the Town.

CONCUSSION TRAINING

New regulations require all coaches and volunteers involved in a sporting activity to complete an online Concussion Training course. This course is available at (www.cdc.gov/concussion/headsup/online_training.html) and takes about one hour to complete. Parents must print proof of training completion and return this to the Recreation Department, along with the above mentioned volunteer paperwork.

VOLUNTEER POSITIONS

There are many ways parents can help run a swim meet. Volunteers will be solicited well in advance of each swim meet by the PAC Parent Coordinator.

Timers - Timers are assigned to a lane for the duration of a meet. Using a stop watch, Timers record the time of each swimmer in an event, which is then entered into the timing system and points scored for the team. A minimum of 14 Timers are needed for a Home meet, and 8 Timers for an Away meet.

Stroke & Turn Judges - Stroke & Turn Judges watch swimmers in each event for the duration of a meet, determining if swimmers are performing the start, turns and stroke legally per WSSL rules. Stroke & Turn judges are required by the WSSL to attend a training clinic (dates TBD). Three (3) Stroke & Turn Judges are needed for each meet.

Parent Chaperones - Parent Chaperones are assigned to swimmer age groups and are needed to check-in swimmers before warm-up and keep swimmers in their designated sitting areas between events, ensuring no swimmer misses his event. A minimum of 14 Parent Chaperones are needed for each swim meet.

Timing System - Timing System volunteers are needed at Home meets only. These volunteers ensure the electronic touch-pad system is working and recording swimmers' times correctly. Two (2) volunteers are needed to assist with the timing system.

Scorers - Scorers are responsible for entering times recorded by the Timers into the scoring system. The scoring system then awards points to both the Home and Away teams. Two (2) Scorers are needed for each meet.

Bullpen - Bullpen volunteers are responsible for correctly lining up swimmers for each event in order by heat and moving the line forward in a timely fashion. (An event may have multiple heats if more than six (6) swimmers are in that event.) Assistant Coaches and Parent Chaperones will deliver swimmers to the bullpen. Five (5) Bullpen volunteers are needed for each swim meet.

Bake Sale - Bake sales are held at each Home meet and are a major source of fundraising for the Dolphins swim team. The Bake Sale Coordinator will determine the number of volunteers needed at each Home meet.

VOLUNTEER APPAREL

Dolphin volunteers will receive and are expected to wear a team t-shirt, which is yours to keep. At each meet, volunteers will also receive and must wear an official team badge. Badges must be returned at the end of a volunteer's shift at each meet. Only Parent Volunteers are allowed on the pool deck. Please dress accordingly for the pool environment. It is hot, and you will get wet. Shorts, team t-shirts and sneakers or flip flops are best. Please do not wear outdoor shoes on the pool deck.

MOCK MEET

Saturday, November 15, 2014 - 12:00 pm

The Dolphins host a Mock Meet to help swimmers and parents learn how a swim meet is run. It allows new swimmers to try out their events and gain confidence for the rest of the season. Veteran swimmers are able to establish base times in all four strokes. The Mock Meet is only for Dolphin swimmers and does not count as an official meet.

Parent Orientation is held before the start of the Mock Meet. The Parent Advisory Committee (PAC) will inform all parents on the expectations of the Dolphins Swim Team from a parent role. The numerous parent volunteer positions will be explained and training provided. The success of the Dolphins Swim Team is dependent upon parent volunteers helping run each meet. Parents will then run the meet and try out their newly acquired skills.

Bring a copy of your photo ID to complete your volunteer paperwork!

CHAMPIONSHIPS

The Winter Suburban Swim League sponsors championships at the end of the season, typically in early March. To be eligible for championships, swimmers must compete in at least six (6) meets. In the event of a Tri-Meet, when the Dolphins swim against two (2) teams in a single meet, the Tri-Meet counts as two (2) meets. Due to the large number of swimmers in the WSSL and to ensure a competitive environment at the appropriate skill level, there are two (2) levels of championships - A Championships and B Championships. We strongly encourage swimmers to focus on their personal best times and encourage as many swimmers as possible to participate in Championships ("A's" or "B's").

A CHAMPIONSHIPS

In addition to swimming in at least six (6) meets, swimmers must achieve a predetermined qualifying time in a specific event to qualify for "A's". This time must be achieved at a swim meet during the regular season. (Practice times do not count.) Once qualified, a swimmer must compete in the qualified event in "A's". That swimmer may then be entered in any other event at the meet.

Swimmers in the 15-18 age groups only swim at A Championships, as long as they have met the six (6) meet requirements.

B CHAMPIONSHIPS

Swimmers who have not qualified for "A's" but have swam at least six (6) regular season meets are entitled to swim "B's".

PARENT VOLUNTEER REQUIREMENTS

Experienced parent volunteers are required at both A and B Championships. The two (2) meet requirement for the regular season does not include Championships. The WSSL will notify the swim team of the volunteers needed near the end of the season. Without the required volunteers, the Dolphins swim team could be disqualified from Championships.

Parents are expected to volunteer if your child is swimming at Championships. Volunteer shifts are much shorter at Championships than at regular meets. No matter where you are volunteering, you will be able to see your child swim.

A CHAMPIONSHIP CUTOFF TIMES

1. Graduated Medley Relay 100yd Girls		31. 8 & under 25yd Breast Girls	24.86
2. Graduated Medley Relay 100yd Boys		32. 8 & under 25yd Breast Boys	26.72
3. 8 & under 25yd Fly Girls	21.34	33. 9 & 10 25yd Breast Girls	20.90
4. 8 & under 25yd Fly Boys	23.88	34. 9 & 10 25yd Breast Boys	21.68
5. 9 & 10 25yd Fly Girls	16.62	35. 11 & 12 50yd Breast Girls	41.23
6. 9 & 10 25yd Fly Boys	17.56	36. 11 & 12 50yd Breast Boys	42.82
7. 11 & 12 50yd Fly Girls	34.80	37. 13 & 14 50yd Breast Girls	39.11
8. 11 & 12 50yd Fly Boys	36.07	38. 13 & 14 50yd Breast Boys	37.86
9. 13 & 14 50yd Fly Girls	33.61	39. 15-18 50yd Breast Girls	
10. 13 & 14 50yd Fly Boys	32.03	40. 15-18 50yd Breast Boys	
11. 15-18 50yd Fly Girls		41. 8 & under 25yd Backstroke Girls	21.56
12. 15-18 50yd Fly Boys		42. 8 & under 25yd Backstroke Boys	22.21
13. 8 & under 25yd Free Girls	17.73	43. 9 & 10 25yd Backstroke Girls	18.43
14. 8 & under 25yd Free Boys	17.62	44. 9 & 10 25yd Backstroke Boys	19.29
15. 9 & 10 25yd Free Girls	15.04	45. 11 & 12 50yd Backstroke Girls	38.37
16. 9 & 10 25yd Free Boys	15.08	46. 11 & 12 50yd Backstroke Boys	37.97
17. 11 & 12 50yd Free Girls	30.74	47. 13 & 14 50yd Backstroke Girls	35.09
18. 11 & 12 50yd Free Boys	31.53	48. 13 & 14 50yd Backstroke Boys	34.87
19. 13 & 14 50yd Free Girls	29.31	49. 15-18 50yd Backstroke Girls	
20. 13 & 14 50yd Free Boys	28.08	50. 15-18 50yd Backstroke Boys	
21. 15-18 100yd Free Girls		51. 8 & under 100yd Free Relay Girls	
22. 15-18 100yd Free Boys		52. 8 & under 100yd Free Relay Boys	
23. 9 & 10 100yd IM Girls	1:30.68	53. 9 & 10 100yd Free Relay Girls	
24. 9 & 10 100yd IM Boys	1:32.83	54. 9 & 10 100yd Free Relay Boys	
25. 11 & 12 100yd IM Girls	1:19.39	55. 11 & 12 200yd Free Relay Girls	
26. 11 & 12 100yd IM Boys	1:20.20	56. 11 & 12 200yd Free Relay Boys	
27. 13 & 14 100yd IM Girls	1:15.22	57. 13 & 14 200yd Free Relay Girls	
28. 13 & 14 100yd IM Boys	1:14.66	58. 13 & 14 200yd Free Relay Boys	

TEAM SUITS AND APPAREL

The Dolphins sources its team suits and shirts from K&B Sportswear. The Suit Sizing and Sale event will be in the Evelyn Kirrane Aquatic Center lobby on Wednesday, October 29, 2014 from 5:00 - 8:00 pm. Swimmers MUST wear a dry practice suit for sizing.

Swimmers may be sized and purchase suits during the following schedule. Please adhere to this schedule to ensure swimmers do not miss their practice times.

5:00 - 5:30pm	10 & Under (practice from 5:30 -6:30 pm)
5:30 - 6:30pm	11 & Over (practice from 6:30 - 7:30 pm)
6:30 - 7:30pm	10 & Under
7:30 - 8:00pm	11 & Over

Returning swimmers who know their size do not need to attend the suit sizing. Orders may be placed in person at the pool on October 29, 2014 or online at kbswimandsports.com.

To promote team spirit and unity, we ask swimmers to wear a team suit and team bathing cap to all swim meets. It is preferred that swimmers' caps include their last name.

Note: Prices will be announced prior to the suit/apparel sale.

THE WINTER SUBURBAN SWIM LEAGUE

Unsportsmanlike behavior of any kind by swimmer, parent, or coach will not be tolerated. Disciplinary action will be taken by the Board of Directors of the Winter Suburban Swim League if an infraction occurs.

The Winter Suburban Swim League consisting of 14 teams, split into the North and South divisions of seven teams each. The North Division consists of Belmont, Framingham, Milford, Newton, Norwood, Westboro, and Westwood. The South Division includes Acton-Boxboro, Brookline, Dedham, Natick, Sudbury, Wellesley, and Weston.

The WSSL determines swimmer age groups by a swimmer's age as of November 1, 2014. This is the age group in which a swimmer will compete for the remainder of the season. For example, a swimmer who is age 10 as of November 1, 2014 will swim in the 9-10 age group, even if that swimmer's 11th birthday is in December. Swimmer age groups are:

8 & Under
9 & 10
11 & 12
13 & 14
15 - 18

Below are several of the WSSL rules and regulations. The full listing of rules can be found on the Recreation Department website (<http://www.brooklinema.gov/485/Dolphin-Swim-Team>)

- The swimmers' age as of November 1, 2014 will determine the age group in which the swimmer will participate for the entire swim team season. Switching age groups mid-season is not allowed.
- A coach may bump a swimmer up two age groups for an individual event and one age group for a relay event. The swimmer may then move back down into his/her age group after s/he has completed that event.
- The Graduated Medley Relay must have a swimmer from each age group; no swimmer can age-up for this event.
- At each meet, all swimmers will swim in at least two individual events. Some swimmers may swim in two individual events and one relay.
- Swimmers who swim only for the Brookline Dolphins Swim Team must attend practice at least twice a week in order to swim in league meets.
- Swimmers who swim for the Dolphins Swim Team and a private club swim team must attend practice at least once a week in order to participate in league meets.
- Brookline High School swimmers who are "in season" are expected to help out with the younger Dolphins on a weekly basis. High School Swimmers can receive volunteer credit for school for helping out with the Dolphins team. When the BHS swimmers are out of the high school season, they are expected to attend Dolphins practice at least twice a week to participate in league meets.
- All swimmers who have participated in six (6) official league meets will qualify to swim at championships, regardless of their times. **Note:** The Mock Meet does not count as an official meet.
- Team caps and suits **MUST** be worn by all team members during league meets. Swimmers should *not* wear their team suit to practices. Team caps and suits can be purchased during the Suit Sizing that will occur in October.
- Swim caps worn during meets must be blank or show the team name or town only! Swimmer last names are allowed on the team swim cap. No commercial logos, flags or other imagery may appear on swim caps worn during league meets, as this can result in the disqualification of a swimmer. **Note:** The Dolphins require that our team caps **ONLY** be worn at swim meets! This will help to easily identify our swimmers.

AWAY MEET LOCATIONS

Acton-Boxboro

Acton-Boxboro Regional High School, 36 Charter Road, Acton, MA 01720
(Parking lot is adjacent to the Acton-Boxboro Regional High School Gym/Pool Complex.)

Belmont

Belmont High School, 221 Concord Avenue, Belmont, MA 02478

Brookline

Evelyn Kirrane Aquatic Center, 60 Tappan Street, Brookline, MA 02446

Dedham

Dedham High School, 140 Whiting Avenue, Dedham, MA 02026
(Parking and pool access is on Mt. Vernon Place, Dedham.)

Framingham

Keefe Technical High School, 750 Winter Street, Framingham, MA 01702

Milford

Milford High School, 31 West Fountain Street, Milford, MA
(Pool is located in the back, to the right of the gymnasium. Parking lot is in the back.)

Natick

(see Framingham)

Newton

Newton North High School, 457 Walnut Street, Newton, MA 02460
(Enter at the Athletic Entrance near the tennis courts off of Tiger Drive (circular drive at main school entrance off of Walnut Street, drop-off only). Parking is allowed on Hull Street and the teacher's lot on Walnut Street.)

Norwood

Blue Hills Regional Technical School, 800 Randolph Street, Canton, MA 02021
(Pool entrance is through the middle entrance, closest to the Massasoitt Blue Hills Campus.)

Sudbury

Fairbanks Community Center, 40 Fairbanks Road, Sudbury, MA 01776

Wellesley

Babson College, 231 Forest Street, Babson Park (Wellesley), MA 02457
(Follow signs throughout the campus for the Pool.)

Westboro

(see Milford)

Weston

Weston Middle School, 456 Wellesley Street, Weston, MA 02493
(Pool is at the rear of the main building.)

Westwood

Westwood High School Complex, 200 Nahatan Street, Westwood, MA 02090

FUNDRAISING

The Parent Advisory Committee (PAC) raises money to financially support the many costs associated with running a swim team. Money is raised through a variety of activities, including but not limited to bake sales, apparel sales, and the team swim-a-thon. Funds raised throughout the season are used to:

- purchase replacement and/or upgraded timing system equipment used at Home swim meets
- purchase new or replacement coaching and volunteer equipment
- license team management software used to plan, organize and maintain the team roster, swim meet information and volunteer requirements
- purchase t-shirts and prizes for swim-a-thon participants
- host the end-of-season banquet
- purchase awards and gifts for swimmers and coaches, presented at the end-of-season banquet

SWIM-A-THON

The swim-a-thon is the major fundraiser for the Dolphins Swim Team and will be held: **Saturday, January 7, 2014 from 12pm-4:30pm**. It is a fun, team-building event. We encourage as many swimmers as possible to participate.

To participate, swimmers set personal goals of the total number of laps they can swim in an allotted period of time, typically one (1) hour. Swimmers seek sponsors, who may donate on a per lap basis, such as \$0.10 per lap, or flat rate, such as \$50. For example, if a sponsor elects to pay \$0.25 per lap and the swimmer completes 100 laps, the sponsor donates \$25.

All participating swimmers receive a t-shirt. Additional prizes are awarded on a scale associated with fundraising goals. Prize levels and items will be announced prior to the swim-a-thon.